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The IOWA HOMEMAKER

For Working or Walking . . .

By Laura Christensen

Prevent That Disease . . .

By Bernice Borgman

A Football Hero's Heroine . . .

By Donald McGuiness

Clews to Campus Clothes . . .

By Sally the Style Scout

OCTOBER 1934

VOL. XIV - - NO. 3

Tea Table Topics . . .

New Art Course Offered

A NEW art appreciation course is being offered this fall for any student or faculty member interested in broadening his knowledge of painting, sculpture, and architecture. It is the first of its kind to be presented at Iowa State.

The course will probably consist of eight lectures on architecture, four on landscape architecture, four in various crafts and fourteen in painting and sculpture. It is open only to juniors and will be repeated each quarter during the regular school year, beginning this fall.

Lectures will be given by 10 of the 12 members of the faculty committee, each covering the subject in which he or she is versed. The committee members, in addition to Dean Anson Marston, chairman, are Joanne M. Hansen, Mrs. Henry Ness, A. H. Kimball, P. H. Elwood, Mabel Fisher, Edna O'Brien, E. G. Livingston, S. D. Phillips, H. L. Kooser, P. E. Cox, and D. P. Ayres.

The draw back of, "But I haven't time to study for another class," has been taken into consideration. As planned the course will consist entirely of lectures with no recitation periods. Whether a final written review will be required has not yet been decided.

"The main defect of our technical courses in the past has been the fact that there was so much material taught in the special fields that no time was found for cultural broadening," Dean Marston said in a statement for the Iowa State Student. "Some of the monstrosities in modern engineering structures are the work of engineers whose training did not teach them any conception of the appreciation of artistic principles in design."

A reflectoscope, a projector and a translucent screen have been purchased, along with several hundred post-cards and 360 colored slides. The committee had already purchased by the close of the spring quarter reproductions of great works valued at \$400. At that time more were under consideration.

The funds are the result of a \$5,000 grant by the Carnegie Foundation. In the lectures on textiles, ceramics, industrial arts, and art crafts, the actual objects will probably be shown rather than reproductions on the screen.

A gallery of reproductions will be set up in Engineering Hall or Central Building. Those reproductions pertaining to the lecture will be displayed several days before and after the lec-

ture to enable the students to familiarize themselves with the work.

Harvest Festival

Red, green, and gold flash by

To a gay Hungarian tune.
Lithe bodies sway and lean,
Feet tap,
Hands clap,
Flushed faces glow with sheen
In the bright autumnal noon.

Ripe, pungent smell of grain
Intoxicates the crowd.
Boots click,
Heels flick.
There'll be no hunger, pain,
Nor beggars wailing loud.

The old folk smile and sigh.
They know these harvest joys
Where wine flows,
And love grows.
But they have heard the cry
Of famine and the bitter noise

When no
Red, green, or gold flashed by.

—Hilde Kronsage.

Study Pans for Efficiency

WHEN the housewife puts the carrots on to cook or slides that juicy roast into the oven, she seldom considers that the material of which the utensil is made may make a difference in her fuel budget.

Not so in the Household Equipment Department at Iowa State College. Katherine Steele, graduate student in Household Equipment, cooked large numbers of carrots, potatoes, and roasts during the past year and considered the foods only as an incidental.

Miss Steele, being equipment-minded, suspected that some types of materials, as compared to others, might save time and fuel. She chose sauce pans and roasters of two materials—sheet aluminum and cast aluminum—for her experiments. The question rises—can such comparisons be made accurately. She explains it with "controlled wattage," "measured gas pressure," "interior temperature," and so on. The project was carefully worked out under the supervision of Dr. Louise J. Peet head of the Household Equipment Department.

The sheet aluminum pans won by at least "a neck" in all but two of the

experiments. In the case of the sauce pans: Water heated more quickly to the boiling point and cooled more slowly in the pans of sheet aluminum than in those of the cast metal. The sheet aluminum pans required less fuel and there was greater difference in fuel on the electric than the gas range.

Time of heating to a definite temperature, fuel consumed and quality of product were all considered in judging the merits of the pans.

In favor of the cast metal, however, Miss Steele found that the dripping loss may be reduced and the cooking time lessened if the roast is cooked uncovered.

No previous studies of this type have been made at Iowa State College. Miss Steele's experiment suggests many others that might be conducted on efficiency of various shapes and sizes of pans, comparisons of other metals, tests on efficiency of burners of different sizes, on both gas and electric stoves, and many others which would benefit the housewife budget and add to the store of kitchen knowledge.

Student Leaders Named

TWENTY-SEVEN sophomore, junior, and senior girls are the student leaders for the Home Economics Division during the three freshman days, Sept. 20, 21 and 22. Before school closed last June these girls attended a training course of five meetings at which they discussed freshman problems, as well as the program, with Mrs. Louise J. Peet, who is the home economics representative on the Freshman Days Committee.

The student freshmen leaders are: Vivian Barkhurst, Edith Bass, Zella Beck, Virginia Berry, Mary Elizabeth Brann, Harriett Everts, Ruth Farnham, Blanche Fasold, Johannanna Fiene, Berneice Fulton, Dorothy Golden, Eleanor Gonder, Ruth Green, Lois Hansell, Mary Bess Harlan, Alice Knudson, Elizabeth Littleford, Jean McGrew, Louise Merriman, Gabrielle Mills, Winifred Moore, Virginia Pomeroy, Marjorie Quire, Eileen Rollins, Pauline Watson, Marie Whetstone, Alice Wood.

To an Engineer

If I brought you cocktails
In an ice-green velvet gown,
And showed you to my studio,
And asked you to sit down
Upon a Burmese cushion
At my golden sandaled feet,
You'd ask about the ventilator
And how I got my heat.

—Alice Wortman.

THE IOWA HOMEMAKER

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Coeds Plan Interesting Details For Their Rooms at College

Without a Pocket Full of Money

"**W**ERE not settled yet, but . . ." A common enough apologetic expression among coeds who have visitors at their rooms these first few days of a new school year. And the "but" is just the introduction to the countless plans each of them has.

One girl is going to have a bedside table. She says it will be just the place to put her alarm clock, even though she admits it may be a tempting place from which to turn it off and roll over to sleep another 15 minutes before that 8 o'clock.

She will make her table from a discarded orange crate—the grocer let her have it for the carrying away, a yard of chintz—she found it on a remnant counter, a dozen or so thumb tacks—shes' taking those from the box she got with her art course supplies, and not more than 15 minutes.

These are her directions: Set the crate on end. Begin draping the chintz (cretonne, a colorful print, or even a plain color cotton does the job just as well) at the center of the open side. Drape firmly around the crate—thumbtacking as you go—so that the selvage edge hangs to the bottom and the additional length is left for the end of the crate which is to become the top of the table. Fold and tack in place the extra length of chintz on the end so as to finish the top smoothly. The raw edges come together at the open side of the crate, which now becomes the back of the table.

The partition board originally in the crate will make a perfect shelf to store a glass of peanut butter, a box of crackers or the cookies that mother sent. In short, a fine place to store things to get them hidden out of sight.

Two other girls, roommates, have found a solution for "oh, for a dressing table!" With two orange crates, several yards of colorful print and a board to

lay across the two crates (the board determines the length of the table and the amount of knee room between the two sides of the dressing table) they have produced what they sighed for.



Courtesy Successful Farming.
This Dressing Table Is Inexpensive

And for the stool, one of the girls is going to cover an empty nail keg, pleating the print (the same as they used on the table) around the sides, and then padding a circle for the seat.

In another room there is just the thing for whatnots. It is a hanging shelf. Originally it was nothing more than a straight half-inch board. It has been sawed the length and width that the shelf is and at either end there are bored two small holes through which passes the cord by which the shelf is hung. This shelf is lacquered a pretty green—green and orange is the room color scheme—and is hung with a white cord. The owner explains the cord: "By using heavy wrapping cord I kept the cost down considerably."

Still another inventive coed is all set to spend a weekend making an empty spool two-shelf whatnot. The spools, which she will pile steeple style, determine the height between the shelves. There will need be four stacks of spools, each the same height—two for either end of the shelf. When done, she will lacquer it a bright orange.

It is surprising how attractively and yet inexpensively these girls are furnishing their rooms. Not only do these pieces serve their purpose, but they also add that touch of color which means so much to any room.

And fortunately this age of college girl realizes that the room—whether it be in the dormitory or the sorority house—fit for a college queen is not all frills and fluffs. The furnishings are substantial so that they can take the hard use of busy and often tired school girls.

IN carrying out this durability theme some girls have selected monk's cloth for their bed spreads because it doesn't wrinkle easily. Others, even more practical, have substituted a blanket for a spread, but not to the point of sacrificing color—they have chosen woolly blankets in darker, but brighter-than-usual colors.

A whole bed full of pillows, be they ever so soft, is out. On most beds there is, however, at least one pillow, but not the sheer row upon row ruffle style.

A new use for colored linen napkins: Two of them side by side make a colorful cover for the chest of drawers or bureau which is in every dormitory room at Iowa State.

Try as one may, one's individual personality in one way or another—pictures, books, magazines, hangings—somehow creeps into a girl's room. Maybe it is an appreciation for art; perhaps it is an interest in crafts; it might

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Is Your Kitchen Built For Working or Walking?

By Laura Christensen

TWO of our most important American institutions—our mothers and the food we eat—spend the greatest part of their lives in the kitchen. In consideration of this fact, perhaps kitchens deserve more attention than their lowly reputation signify.

If we intend to glorify the American kitchen, we should start from the beginning. The beginning naturally would be the location, for before a kitchen can be, it has to have a corner of a house to be in. Which corner this is to be, depends upon several things—the view, the climate and convenience of the location. On a farm, it might be desirable to have a view of the barnyard. If there is by any good fortune a brook or a beautiful hillside within sight, the kitchen should be placed so that this view can be seen while washing dishes. Those of us who live in climates where summer days are very, very hot, like to have our kitchens on the north so that all unnecessary heat is avoided.

The next step in the plan is to decide upon the size of the kitchen. This also has some definite determining factors. It depends upon the number it serves, its purpose, and the number of people working in it. In cooking for a family of ten, obviously one would need more room than in cooking for two. If a kitchen is used only for cooking and washing dishes it can be smaller than if it were necessary to have laundry

equipment in the kitchen. And if your mother-in-law or sister lives with you and there are two or more in the kitchen, it had better be larger than if only one person were cooking. An average size for a kitchen of four with one person cooking is from 90 to 100 square feet. This would be a room of about 8 feet by 12 feet or 9 feet by 11 feet.

And this, logically, takes us to the shape of the kitchen. There are three common shapes—oblong, square and L-shaped. Of these the oblong is the most convenient as a rule; it is easier to place equipment as well as to use it. Square kitchens are in their element either as very small or very large rooms. In small apartment kitchens a square one is best, for the cook can stand in the middle, reach out, and everything is within grasp. In a large square kitchen a work center can be placed in the center and two people can easily work around it. The L-shaped kitchen is rather unhandy, and should be used only when necessary; when it is used, it is best to place all of the equipment together at one end.

A room, even a kitchen, has more to it than shape and size, so let us next consider the doors and windows. Although doors are necessary, they are something of a nuisance after you once get in, for they take up so much valuable wall space. So use as few of them



Today Housewives Plan

as possible—often two will suffice, and group them together so that traffic across the entire length of the floor will be avoided, and so that wall space will be broken up as little as possible. If the door to the outside is not direct, a great deal of mud-tracking will be done away with. The door to the dining room should be wide, easily opened and easily accessible from the stove, yet it should hide kitchen clutter from the view of the diners.

New Deal in Houses

By Hazel Moore

WHAT does your generation think of these new houses and furnishings?"

My friend and I were walking down from the sunporch on the roof of the last of the homes in the modern trend at A Century of Progress in Chicago when a voice behind us asked this question.

We turned around to see a middle-aged man. He continued, "Now I'm more than twice your age and I'd really like to know how you young folks feel about all this."

He told us that he was a furniture retailer and was having a hard time to accustom himself to such different furnishings. So we discussed the "New Deal" in houses.

What opinion do we come to with regard to the latest in homes? They are vastly different from anything we are accustomed to.

One of the houses was of glass through which the occupants can see out, but outsiders cannot see in—and best of all—the whole house revolves on a central axis, thus making it possible to get the sun's rays in all rooms, or the light in whichever room it is wanted!

Every one has roof porches, making



Once This Was the Way

use of the former waste space known as an attic, and providing a place for the family to relax in the sun. Such an arrangement is not practical in the winter, however, with these porches covered with snow. In this way they are almost as useless as the former front porch. But they are attractive and add a great deal of charm to the new houses.

On the whole the houses are constructed simply, with the liveable qualities in mind. They make the most of space. The windows placed at the corners of the room give added light and make the placement of furniture much easier than before. The rooms thus become lighter and more airy.

PERHAPS I am "food-minded," but the most interesting of all rooms to me was the kitchen. Here there has been more change and more sensible planning than kitchens have received for a long time. The new kitchen equipment makes meal preparation a pleasure instead of drudgery. Tables and sink are raised to prevent that old "back-breaking," and many are the steps saved in walking from cupboard to sink or stove.

Windows are many. In one house two sides of the kitchen were windows, with shutter curtains which are adjustable as desired. Under them were the table spaces with drawers below. It would be a joy to work there.

Just off the kitchen was a little porch with brightly upholstered iron furniture. And a radio nearby. It seems a very sensible thing to have a radio in the kitchen. Music has such a soothing effect while working—and during the 4 or 5 hours a housewife spends in or near her kitchen she can keep abreast the news and hear a lot of enlightening programs.

I think we will like the new kitchens. They are such a contrast to the inefficient, poorly-planned, old ones.

Of course there are some modernistic houses which are trying so hard to be different that the beauty of the whole structure is lost. But as always, we have the privilege of choosing the best.

Then there are the furnishings. They are in a style which bases design upon the function of the piece, and aims at simplicity. They are built substantially and rely upon sound proportion, graceful line, interesting material, and rich but quick coloring. For years we have been copying the old furniture masters whose work, though artistic and beautiful, was nevertheless designed for ladies who wore bustles, stiff corsets, and numerous petticoats. The new chairs and divans fit the body and are so comfortable that it is actually hard to get up after once seated.

In one of the houses were two pieces of furniture placed before a fireplace and especially designed for this purpose. One, an easy chair, had only one arm, that on the side near the fireplace and by the other side a low book-cabinet and table combination. The other was a long, low divan with its only arm on the fireplace side.

Glass is made great use of. Many of the new clocks are of this material, which has a transparency which does not make it too obvious, but has its own distinctive luster. An effective flower pot covered a green plant in a round, inverted fishbowl of a glass which admitted ultra-violet light for its growth.

Although many of the floor lamps and wall lights are of strictly modern design, some of the hanging, center-lighting fixtures are quite reminiscent of our old-fashioned, gas-lighted chandeliers. However, these do not appear out of keeping with the simplicity of the rest of the room.

In wall coverings we can be thankful that modern design has left out the rambling rose pattern. Wallpaper has just a very inconspicuous often geometric pattern which is very pleasing.

In one bedroom was a most unusual suite of furniture. Wherever possible, each item served a double purpose. A headboard which went across both beds contained a bookshelf and reading lamp with storage space beneath. Between the beds was a "dressing desk," serving either as a vanity or correspondence, and containing a porcelain cosmetic tray. A tall chest nearby contained double full-length mirrors and a roomy hat cupboard above.

And so as we went through these new houses, we found a lot of very worthwhile things. The best of them are planned as an enduring and satisfying background for gracious living. They are designed to fit today's needs.

Dr. Hill Tells Classes

Prevent That Disease

By Bernice Borgman

PARENTS' chief responsibility in sparing their children from childhood tuberculosis is keeping them away from adults who have been re-infected with the tuberculosis bacilli. This was the warning given by Dr. L. F. Hill of Des Moines, one of Iowa's leading pediatricians, in a discussion of childhood tuberculosis before child de-

victim comes from a family in which one or more adults have the adult disease. Dr. Hill exhibited the heavily infected lungs of a 7-months-old baby whose father unknowingly had been exposing his family to the plague for several years. The baby, whose resistance was not so great as that of the adults in the family, contracted the disease from the father. When the child was brought into Dr. Hill's clinic the ravages of the disease had already done their work and the baby succumbed to tuberculosis. This, he said, was not an unusual case. Many parents and relatives, in this same manner, are ignorantly taking the lives of the children in the home.



A Healthy Child is Happy

velopment classes on the campus recently.

The first infection of tuberculosis comes only from the bacilli of the adult disease, he continued. In almost every case of childhood tuberculosis the

"TOO bad nature didn't make an arrangement whereby people with tuberculosis would grow horns or break out with a rash," said Dr. Hill. This insidious disease would be far easier to check if it could be noted in its earliest stages by some outward evidence. But tuberculosis is a sneak. He has his prey well ensnared before the victim is even aware of the demon's presence. The physical findings are not indicative of the seriousness of the disease in the primary infection.

Physicians formerly believed that every child had tuberculosis in some degree before the age of 10 years.

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Good Time Had by All . . .

Magic is Prescribed By Claire Chadwick

ALADDIN'S lamp and all of the presto-change in the world haven't a thing on some of the magic transformations that go on at Iowa State College. And it is done in such a sleight-of-hand manner that most of those who are undergoing the wonderful change can scarcely realize just what has happened.

The magic works something like this. Choose a freshman girl, right out of high school, who has just paid her registration fee and is now a full-fledged Iowa State coed. High school has been a lot of fun, and this summer vacation just over with has been more fun yet.

There have been some slick orchestras playing about 40 miles from home and dances simply had to be attended. Then, after a person has danced until after midnight, an appetite crops up from some place or other and there must be food . . . good, heavy, filling food. And so to bed, to sleep late in the morning. Repeat at leisure during the summer, interspersed with hot fudge sundaes and long hours on a davenport with a book.

That's what happens just lots of times. But when this little girl who's had the big time gets to college? Well, she's in for a bang-up change. In the first place everybody else around school will be going to bed regularly, and there's really nothing to stay up so terribly late for anyway. Late hours are cancelled.

Food? Well, there are three splendid meals served each day in the the dinner table, the hamburgers and sundaes just don't appeal. Funny how much more this girl is going to enjoy going to bed minus that frightful load on her tummy. She'll pinch herself when she sees how well she's slept.

SLEEP late in the morning? Nothing doing. In the first place, Miss Coed will be rested and ready to get up without finding herself half wornout when she tries to stumble out of bed. She'll really be surprised how nice mornings are when she really tries a few. They're worth paying attention to!

It may be that all of this sleep, these wholesome good times and the food—to say nothing of the brisk walks between classes—just can't seem to snap the high school girl out of this slump that she's in. No tragedy in the offing at all. Over at the College Hospital she'll find Dr. Sara Kalar, and

what she can't do for a case of listlessness or overworked nerves isn't worth mentioning.

Should she find that the schedule is too heavy, a few hours can be chopped off to give a little more rest time. It may be that the old red blood corpuscles aren't working properly and something needs to be done about that. Whatever it is, it will all be worked out, and no matter how backward the health beginning of this new student may have been, she'll be up to par just as soon as it is possible.

Which is just a little of the reason that "skinny girls" are out at Iowa State. There just isn't such a thing. And the girls are proud of the weight they gain, proud of the way in which their cheeks brighten up, proud of the



Courtesy Successju. Farming.

vitality they acquire that they never dreamed was lying dormant just wanting to be brought out. The college formula is better than any other one in the world. Try now and see for yourself.

Iowa State College was the first college in the country to offer a course in domestic science. Kansas Agricultural College followed in 1873 and the Illinois Industrial University offered a course in 1874.

If It Passes These . . .

By Elizabeth Brann

IT'S fun to be fooled but it's nicer to know,"—not only in sleight of hand tricks but in the selection of materials as well. There are only five fibers—cotton, linen, silk, wool, and rayon—out of which our clothing and home furnishings could possibly be made and yet a manufacturer can fool his customers as easily as the magician who has his audience believing he pulls rabbits out of tall silk hats.

The determination of fiber content is not limited to the microscopes of textile laboratories; for the average person, with a few simple tests on a small sample, can soon determine the composition of the material she intends to purchase.

To the inexperienced eye, the difference between the new rayons and real silk is hardly apparent, but moisture is an infallible test for rayon. When wet, rayon fibers break down so that the material can be torn with little effort. Boiling a sample in a lye solution is another check. The lye dissolves protein fibers such as silk and leaves rayon unaffected.

For further proof, the burning test can be used. All one needs for this is a package of matches. Silk and wool burn slowly into a beady ash with an odor like that of burnt hair or feathers. Chardonnet, cupra-ammonium, and viscose rayons flash like cotton and smell like paper or burnt grass. Celanese, a fourth kind of

rayon, beads like silk, but the bead is tough and waxy.

Cotton is perhaps most easily confused with linen, especially in crash toweling where uneven yarns are often used in an imitation of linen. The difference here must be told from the fibers, for both cotton and linen burn quickly with an odor of burnt paper. Cotton fibers are round, waxy, and very short, and linen fibers are flat, straight, and can be as long as the stalk of the flax plant.

The lye test is the best for determining if a material advertised as "all wool" really is all wool. Lye will destroy all the wool and leave any cellulose present unaffected. In purchasing wool fabrics, one should watch out for wool shoddy or reworked wool, because the fibers in both shoddy and reworked wool are short and broken, and do not hold up well under any strain. They are used mostly in knitted goods and in blankets where the weave is obscured by the nap.

When your best silk dress spots with even the tiniest drop of water, you may attribute it to dressing in the material. Weighted silk is detected by the burning test, in which the ash retains the structure of the original material. And as for the permanency of the finish of such materials as crepe and organdy, a single washing of a sample will tell whether the fabric is of a good quality or merely an imitation.

Clews to Campus Clothes

Sally the Style Scout Finds Them in the Shops

"WHAT in fashion's name can you say about clothes to a bunch of style-wise college women who have been haunting the shops and fashion sheets for the last month at least?" Sally was asking friend the editor.

Out of a blue funk came inspiration. If it's too late to suggest what they



might wear, and too early to describe what they individually are wearing, why not find out what they collectively have been buying. And so to the shops with pencil and paper.

Sally went off smiling and with high hopes. Why, here was a chance to check up—to see if Miss Coed is really following the reams of advice given her in magazines under headings of "Campus Clothes." And if she's gone astray, a bit of timely aid for mischosen wardrobes might be gathered in advance.

But if Sally had philanthropic ideas of playing Lady Benefactress she was doomed to an early disappointment. College girls, it seems, just aren't making mistakes in their wardrobes. Apparently they're making out their lists of "What I'll Need for College and How Much I Can Pay for It" and actually buying up to them. It's remarkable, their common sense.

For that all-important and can't-be-done-without school dress college women select only the most simple and sturdy affairs. No trim allowed, except a few bright buttons which must at least look as if they held things together. Speaking of buttons, you haven't seen anything until you glimpse a gown fastened with note-book rings—you know, good old note-book rings like the ones you use in your foods manual. The center-front edges of the dress are simply eyelet-ed and the ring does the work—hope they don't stick on a frosty morn!

Huge two inch pen points are another

button substitute. A hunk of leather or wood in plain or fancy shape fulfills the same purpose, while a roll of the leather is only too good. Of course you've heard of Schiaparelli's back-to-nature live acorn button.

The shirtmaker, with variations, is as good as ever. It lends a certain neatness to even the wildest checks and plaids, which by the way are still popular among us. We, according to sales people, are being more than ever cut-conscious. Hence the straightforward shirtmaker's popularity.

A hangover from grammar-school—the dress with the detachable linen or pique cuffs—is a wardrobe favorite. True enough there is a deal of variation in the set of collars and cuffs and dress lines in general, but it's still the same old practical "school dress." And a body loves that fresh crispness of starched linen.

As for fabrics, the stoutest and toughest is none too good. And they are plenty fancy. They have to be when the style of a dress depends on the material in it. The off-to-school girl is paying some attention to wearing qualities when looking to her fibers. Fabrics that may sag or stretch are out.

One fabric that will go to college is corduroy. Exceptionally fine-waled this season, it comes in delectable plain shades or even prints. Sally was shown a printed diagonal check that looked as if it could go from class straight to tea and never blink an eyelash. It would feel perfectly at home in both places.

Velveteen, which magazines have boosted as proper college attire, is not so well favored by students, sales-clerks say. Although it is quite a sturdy piece of cloth, it is not going over in spite of shops full of dresses trimmed in it. Its luxurious appearance must be against it for campus wear.

The knits, nice old knits that never have to be pressed, are with us yet. The sturdy, closely knit dress is the thing for class. Those lovely almost hand-made pieces that look as if grandmother knitted them herself are being saved for special occasions. College girls find the woven fabrics stronger for everyday wear.

An obliging young man head of the department (clever idea that, putting an attractive male in the misses department) even gave Sally the average price of the campus frock. Around about \$12, is the figure. He listed \$19 as the price paid for a "rushing" dress, later to become just "good dress." What, are our wise young women slip-

ping, paying more for a dress they wear occasionally than for one that they wear every day? If you count the number of times worn, perhaps yes, but if you count the cost of feminine satisfaction, no. And anyhow, she will probably have two or three classroom dresses while this may be her only for-teas-only frock.

About this said teas-only gown, no frills or frippery, sales people say. Rhinestone buttons, perhaps, or a jeweled buckle or clip, a collar of unusual cut, a bit of soft drapery, neat and smart and as style stable as possible, describes the dress.

For evening wear collegians select satins and crepes. Softly flattering styles, cut that is interesting, but not too extreme, with or without the transforming jacket.

Hats—Sally expected to find them wickedly romantic with lots of dash and zip. With dresses gone chicly conservative collegians would surely take their hats with a splurge. For once Sally was right. It is the general feeling that college-going hats are a shade less conservative than in former years,

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Plaids Go Places

Want to be a Football Hero's Heroine?

Eyes off the Style Parade Eyes on the Pigskin

TWO years ago one courageous young fellow took his girl friend to the Yale-Harvard football game. It was a closely contested, nerve-racking affair, and as the curtain rises he was perched far out on the edge of his seat, oblivious to his surroundings. A plunging Yale ball carrier sliced through the line, broke into the open and sped toward the goal. The runner eyed the safety man defiantly as that husky individual moved cautiously toward him with but

one thought—prevent a touchdown. The roar in the stands crescendoed and then died. Muscles became tense, faces haggard. All eyes glued on those two figures down on the field, racing across the white stripes toward each other. Victory balanced her scales for the decision.

But Victory held no appeal for our feminine girl-friend, and that goddess' white robes were blotted out by the ugly press box across the field. "Look!" Her voice, intermingled with

awe and surprise, cut the tense atmosphere. The intent young man turned—he couldn't help it, she sounded as if someone had been murdered up in the stands.

"Well, what is it?" he demanded impatiently, turning to find nothing but a sea of frowning faces.

"I think it's Buddy Rogers. Yes, it is Buddy Rogers." She was as excited at anyone in the crowd.

The man muttered between his teeth and turned abruptly back to the game, but too late. The son of Eli had crossed the stripe, dragging the safety man at his heels, and the crowd was leaping to its feet, roaring a hearty approval.

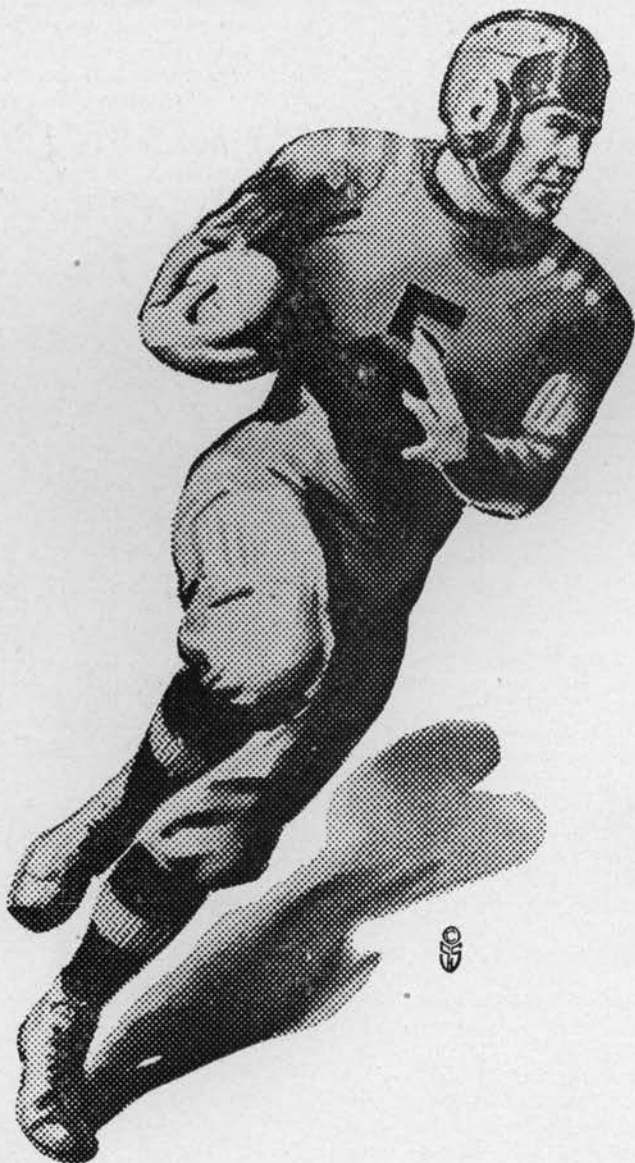
Such ingratitude. "Where the cave man used to go out with his sling shot to fell a giant saber-tooth for the admiration of his long-haired lady we moderns go onto the gridiron with a handful of plays to win the hearts of our short-haired sisters," writes Dick Hyland, all-American halfback from Stanford in 1926, "and then they treat us like that."

FOOTBALL is played for women, and one all-American center, married now, used to saunter into the dressing room daily with the breezy salutation, "Well, shall we talk about girls right away, or shall we gradually lead up to them."

So you see, women of America, you have another responsibility. If this game is played for you, you will have to follow it enthusiastically and learn to really enjoy it, learn not to be one of the old-timers who looks forward to the half and the Cyclone Twister after the game, and who sees nothing but the Buddy Rogers and Clark Gables, or that cute boy from the chem lab. And besides it's an unforgiveable social error in the eyes of the impatient boyfriend, for he did not bring you to a fashion show or the art institute. In other words concentrate on the game, not the women's hats and fur coats or the bulging muscles of the fullback.

If there are not too many dishes to wash or the dormitory lunch isn't late, plan to get into your seat a few minutes before the game and spend the time familiarizing yourself with the names, numbers and positions of the players. Then you will not have to miss a play while looking up the name of the hero of the last one.

Don't try to see everything at once.



Ready for That Touchdown

By Donald McGuiness

The lone man writer on the Home-maker staff knows whereof he speaks as concerns football and other sports . . . has seen sports from diverse angles including the press box . . . sprinkles into his writing a bit of the humor he stores up especially for the Green Gander of which he is editor . . . keeps busy with everything from membership in this group and chairmanship of that committee to presidency of Cardinal Key, honorary for outstanding junior and senior men at Iowa State.

With 22 players, 4 officials, several thousand new coats and a boy with pretty blond hair in front of you the old problem of the 3-ring circus presents itself again, but this time you can save the coats and the blonde for the half.

AT THE kickoff find the center and focus your attention on him, and when the ball is finally booted into the air keep your gaze on it, for where the pigskin goes there will the action be. You can bet your 50-yard line ticket that some players will be there ahead of the ball and when it comes down there will be a clash.

Most spectators follow, or attempt to follow, the path of the ball for play after play, and they cheer the racy halfback as he dodges over right tackle for a 10-yard run, but the real game of football does not center around the carrier. Watch the men in action up ahead of the runner, for there is where the game is being played, there is where the real combat takes place. Before that runner can make his spectacular sprint the men on the defensive team have to be disposed of—a hole has to be made. The hole is more important to football than it is to the doughnut.

Spending your time watching the ball carrier and watching his interference is as different as seeing a battle and reading about it after the war is over. It is after the scrap up in the line that the runner twists and turns

through the sprawled bodies of his opponents, getting all the attention and glory. Watch the guards, the two men on each side of the center, for it is in their positions that eyes are blackened, noses are walloped and hearts broken.

Dainty misses, wrapped in fur coats and perched high in the stadium, contract their eyebrows and murmur, "The plays go so fast and in so many directions that I can't follow them." The direction of the play is hard to follow if the spectator is not familiar with it, but with the exception of trick plays, you can usually expect the guards and the tackles (the men next to the guards and outside them) to be in front of every play.

If you remember that the guards or tackles will usually lead you into the thick of the battle if you watch them, you will seldom miss a play. They are likely to do one of three things when the ball is snapped. They may charge straight into the defending line which indicates that the play is likely to go through the center. They may swing



The Man in the Scrimmage Gets the Bumps

out of their positions and race out toward one of the ends, which indicates an end run. Or they may turn their backs on the opposing line and run straight for their backfield man to protect him while he throws a pass.

Learn to watch the whole play and not just the runner. This is no task that need require 4 years of memory psychology. Dick Hyland says it takes nothing more than a little eyesight and attention, but not on the fur coats. Learn to figure out the play for yourself. In other words, be your own quarterback. It's no harder than contract bridge or backgammon—and it's a good afternoon's exercise in mental gymnastics. Instead of occupying yourself searching for Buddy Rogers or plying the boy friend with foolish questions, try to figure out where the next play is going, whether it will be a pass or a punt, an end run or a smash over center. You'll find the afternoon passing much faster, for even 10,000 fur coats and new fall hats get old after a couple hours, and then you will have dutifully fulfilled your responsibility as the chief cause and object of America's great game.



Keep an Eye on the Tackles

AS a parting entreaty, don't mentally or verbally take the boy friend to task for getting your seats high in the stand or down on the 20-yard line. He may be broke, but then again, he may be smart. Why do they put the newspapermen high in the stands? To get them out of the way? Certainly not. But to give them a good bird's eye view of the game. One rather famous American gridiron coach said that he would rather sit within the 20-yard line than near the center of the field, for, he maintained, the best football is played and the most thrilling and nerve-racking parts of a game take place between the 20-yard line and the goal posts.

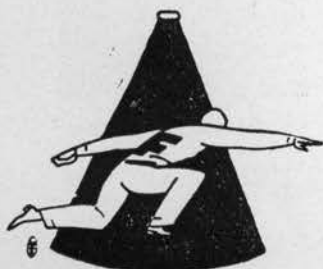
Wouldn't the quarterback of this fall's Cyclone eleven be surprised if at the dance following the game the girl friend politely said to him, "You would have had another touchdown if you'd run that last play in the third quarter off left tackle?" and she might have been right, watching the game from high up in row 98 and doing her own little job as quarterback of the team.

Real homespun is a plain weave hand-woven wool material.

Platter meals offer an attractive way to serve low-cost, one-course menus. A New England boiled dinner, fish, and spanish steak are possible platter combinations.

Hominy may be used in a variety of ways . . . As a potato substitute served with butter; combined with cheese, tomato, or meat in escalloped, loaf or croquette form; with milk and sugar for a breakfast cereal; combined with raisins or dates for puddings.

Slow cooking without stirring gives the nicest product for cereals? This may require 3 to 6 hours of ordinary cooking processes. A double boiler, waterless cooker or a covered baking dish in a slow oven may be used. A pressure cooker at 10 pounds pressure for 1 hour also produces a satisfactory product.



Rah, Yea Team!

Alumnae Echoes . . .

. . . news bits from the front lines

Edited by Ruth May Green

BERNITA HOWLAND, '32, has been awarded a \$1,000 fellowship at Columbia University where she will study for her masters degree in the division of individual development and guidance, majoring in parent education.



Vivian Ritchie



Lucille Tigges

Vivian Ritchie, '32, is employed with the Gladness Bakery, Des Moines.

Lucille Tigges, '33, is employed in the Pierson High School for the school year, 1934-35.

Lulu Tregoning, '18, left July 1 for Kansas City, Mo., where she assumed her new duties as home economist for the Skelgas Utilities Company. Miss Tregoning has been a member of the extension service of Iowa State College for the past 11 years and has been state 4-H Club agent for 8 years.

Mrs. Erline Hubbard, M. S. '30, is assistant director of the Home Service Department of the Alabama Power Company, at Birmingham, Ala.

Helen Irwin and Julia Bourne, '30, are working in the Lawson Y. M. C. A. Cafeteria, Chicago. Lema Weaver, '28, is director of the cafeteria.

Ardis Ellenberger, '31, is employed in the Martin Department Store Tearoom at Sioux City.

Nettie M. Latham, M. S. '31, has accepted a position as head of the Home Economics Department at Sunflower Junior College, Moorhead, Miss. Since 1932, Miss Latham has taught home economics at Lees McRae College, Banner Elk, N. C.

Anita Birkett, '26, who has been with the Child and Stouffer Restaurant Companies since graduation, has ac-

cepted the position of dietician of the dormitories at Miami University, Oxford, Ohio.

Woodward Byars, M. S. '32, who has been teaching home economics in Tennessee College, Murfreesboro, Tenn., during 1933-34, has been supervisor for the Tennessee Emergency Relief Administration this summer. She was located in Lewisburg, Tenn.

Dorothea Knockel, '32, M. S. '34, had a summer position in the nursery school of the Iowa Child Welfare Research Station at the University of Iowa.

Lorraine Sandstrom, '30, instructor in the department of child development, and Richard Beckman, assistant professor of journalism, were married June 8.



Mrs. R. W. Beckman



Ruth Dana

Mary Wilson Sirles, '26, is in charge of the food service at Schillito's Department Store in Cincinnati, Ohio. "My business is very good. We take care of from 1,700 to 3,000 daily—mostly the noon meal as we close at 6 o'clock. We have a tearoom on the sixth floor, a silver grille on first floor and an employees' cafeteria on fourth floor. Ruth Dana, '32, is my production manager in charge of the main kitchen where everything is prepared."

Olive Negus, '19, is head dietician of the Children's Memorial Hospital, Chicago.

Ruth Hornung, '33, is working for the Food Products Company at Los Angeles, Calif.

Audrey Groves, '29, is now at the Robert B. Green Hospital at San Antonio, Tex. Julia Bell, '33, is assistant

dietitian at the Germantown Hospital, Philadelphia.

Margaret Pfeil, '29, and Lucille Gring, '31, are home demonstration agents.

Vera Hills Day, M. S. '33, was made director of a nursery school in Denver, Colo., last January. Mrs. Day writes, "I am extremely glad that I had all of the child development and foods and nutrition courses I did at Iowa State, because I can see where I need them badly. In Colorado a great many of the schools which took out home economics courses at the beginning of the depression are hurrying to include them again in the curriculum. They see now the folly of keeping music, art and some of the nice cultural subjects at the expense of home economics."

In April Mrs. Day was doing special work for the social welfare survey which the Colorado Conference of Social Workers was sponsoring. She was also assisting the American Legion in its big problem of child welfare. She writes, "I am learning how very necessary good food is. One case I saw was of a 19-months old girl who never walked nor talked and whose legs, when she was brought to the hospital, were bent under her. Now after 6 months of good feeding and treatment her legs are almost straight and she is beginning to walk around by hanging onto chairs. Hers was a bad case of rickets and malnutrition."

Dorothy Dean Osborne, '25, is assistant manager of the tearoom at the Joseph Horn Company in Pittsburgh.

Katherine Goeppinger is head of



Katherine Goeppinger

the Home Service of the Consolidated Gas Company in New York. Mrs. Grace B. Martin, M. S. '32, is home economist with the Gas and Electric Company at Fort Dodge.

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THE IOWA HOMEMAKER

*A Magazine for Homemakers
from a Homemakers' School*

VOL. XIV

OCTOBER, 1934

NO. 3

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What Is the Homemaker?

WHAT is the Iowa Homemaker?"

This question was one we overheard a new student ask during Freshman Days. There may be others who have had the same question, and have yet to hear the answer.

For their benefit then: The Iowa Homemaker is a magazine published once a month during the school year by the home economics students at Iowa State College in the interest of their division.

But to those who have been members of either of the three staffs, the Homemaker is more than that.

It is a testing laboratory, as it were, in three separate departments—editorial, business and circulation. Those who are interested in writing have opportunity to write, and if it is good they will have the thrill of seeing the story in print. The business staff, which bears the responsibility of keeping the magazine out of the red, handles the money matters and meets the business people in and around Ames when they sell advertising space in the Homemaker. Members of the circulation staff attend to subscriptions and the distribution of each issue. This year, with each student in the Home Economics Division receiving the Homemaker, the circulation job is bigger than ever.

And best of all—membership on these staffs is open. Every student enrolled in home economics has the right to work on the publication's staffs. Each of the three staffs of the Homemaker offers practical experience of worth-while value, whether it be in writing, in business or in circulation. Besides, it affords a variety of means for meeting and working with people.

The staffs of the Homemaker invite you to come to the Homemaker office in the Student Activity Room on the ground floor of Home Economics Hall to get acquainted.

Even if you haven't the remotest idea of joining one of the staffs you are invited. For selfish reasons; for these are the things you can give to the Homemaker:

Ideas for articles that you would like to see in the magazine.

Criticism of current issues.

Names of people you know who may want to subscribe to the Homemaker.

Each of Us Benefits

IF JOBS could be picked off the campus apple tree, "helping yourself through" would long ago have ceased to be a problem for ambitious college students. Just ask anyone who's tried.

And here's your apple tree. The government saw the need and gave us Student Relief Employment. Last year it paid out \$13,700 as wages to about 10 percent of Iowa State's enrollment. This year about 12 percent will receive aid.

SRE literally creates jobs for those who cannot go to college without part-time work. Women students who can't stoke furnaces or dig ditches and therefore have the hardest time earning their way should be especially appreciative of this new aid—aid that is educational employment. The only requirement is the student's absolute need of the job. If the need is great enough his willingness to work can be taken for granted.

It is a fine thing, is it not? The only pity is that the 12 percent cannot be stretched to 30 or 40. Since the offer is limited, only the most deserving, the most worthy and the hardest working should receive it.

And now for the shocker—everyone at Iowa State is getting student relief? Yes'm, every last one of us. Have you forgotten that this is a government school? The fees that you pay don't begin to take care of the expense of your education. The state and federal governments pay the balance on your bill. Only nobody calls this aid student relief, it is seldom mentioned as anything at all among students. But it's there just the same. Suppose the qualities, deserving and hard working, were applied to just any of the 3,000-odd students of Iowa State, how many would hold their jobs?

Perhaps You've Met Them . . . But Do You KNOW Them?

Chief . . .

Marcia Dancey

ALTHOUGH she is a minister's daughter, Marcia Dancey insists she was never held up as a model child. In fact, she says she was "bad all the time" and that her mother never could understand how she was good in school.

Today as a senior and one of the outstanding campus leaders and personalities, Marcia is truly a "model." She is the Campus Sister Chief—an all year job—vice president of the Y. W. C. A. and a member of Mortar Board. She is a firm believer in extra-curricular activities, she says, because of their value in developing leadership, making new contacts, and in adjusting to new experiences. She believes, too, that one should concentrate on a few activities and do them well and in this she is one of those few persons who practices what she preaches.

Marcia transferred to Iowa State during her freshman year; she entered the Industrial Science Division, and is majoring in history and minoring in psychology. Her interest is in social service work and she hopes to enter that field when she is graduated.

Her interests are many. She likes to swim, but makes no claims of being an athlete. She likes to read and she enjoys fiction, biography, and poetry. In music, while she does not perform on any instrument, she "appreciates."

—Ardith Wick

Delegate . . .

Janice Stillians



Janice Stillians

LET'S do something about the matter, and not just sit here and talk about it," says smiling Janice Stillians as she enthusiastically issues the call to action to a student governing body on the campus. Such spirit balanced with fine judgment and efficient executive

ability makes Janice. She is president of Home Economics Club, and a member of Mortar Board, Cardinal Guild and Phi Upsilon Omicron.

The National Home Economics Convention held in New York this summer had Janice as its guest. "Won't

New York be fun,—How lucky I am!" were her words when she shared her joy with her fellow buddies. Miss Stillians gives and gives of her vitality to create and maintain a sympathetic understanding among students. Not only does she give, but she graciously listens to the "bits of cheer" of others and seeks for the spark of life and love in all. In short, Janice has time for everyone.

"Goodness, no! I am not afraid to talk to my instructors. Why, I believe they want you to talk to them. I'm going to anyway, it is more fun," declares Janice. With all due respect for authority, Janice is able to break down that fearful faculty-student barrier, and she finds from doing it that her classes and subject matter are more interesting and much easier.

All her activities do not keep her from
(Continued on page 16)

Leader . . .

Virginia Brayer



Virginia Brayer

HAVE you ever met Virginia Brayer?

Surely she's spoken to you, for Brayer (that's the way she's known on the campus) speaks to everybody on the campus—at least so it seems. If you've never been introduced, this is she—five feet six . . . never a hat . . . long hair that just won't be straight . . . large, laughing brown eyes . . . nice lips . . .

If you have a question about campus activities, well . . . Virginia is president of the Associated Women Students, president of her sorority, Gamma Phi Beta, member of Mortar Board, Phi Upsilon Omicron, Women's Pan Hellenic, and enough else to keep her occupied.

And here's one of the jobs she's done that really was different. Last year during the W. S. G. A. Convention, she had the job of finding dates for the Women's Pan Hellenic Ball for all the off-campus delegates. All that she knew was that there were 60 of them, and that their heights ranged from five feet two to five feet nine. The week before the ball she telephoned every night from 6:30 until 10 o'clock besides sometimes at noon, and sometimes before 8 o'clock. But the delegates had their dates!—and they said they liked them, too.

To really know her, her father's a

baker. She comes to Iowa State from Idaho. She reads, from cover to cover Life, the New Yorker, and the Readers Digest. Something from "Patter," or from the "College Parade" may be expected at any moment. She is a dietetics major although she says she changes her major annually. She hopes to get a job testing and tasting a commercial product.

—Winifred Moore

President . . .

Grace Raffety



Grace Raffety

BEING president keeps Grace Raffety out of mischief for she's president of very active organizations—campus Y. W. C. A. and Mortar Board, honorary for Iowa State's outstanding senior women.

Efficiency is Grace's middle name but her enthusiastic attitude makes work seem more like play. She loves being busy—reading, dramatics, piano, hockey, horseback riding, swimming and writing take up those in-between moments of a busy day. She is a Naiad—that, you know, is
(Continued on page 16)

Author . . .

Louise J. Peet

MANY students—both upper classmen and freshmen—have wondered who is responsible for the program during freshmen days when new students are becoming orientated to college life. Dr. Louise J. Peet, head of the Household Equipment Department, is responsible for the new home economics students—she is the division's representative on the Freshman Days Central Committee.

Mrs. Peet's childhood was spent in the historically famous town of Cambridge, Mass. At Wellesley, of which she is a graduate, Mrs. Peet majored in science. After living in Kansas for several years, she came to Iowa State College and received her doctor's degree in foods and nutrition in 1929. In 1930 she was appointed the head of the Household Equipment Department.

For recreation Mrs. Peet says that she is fond of playing tennis with her husband and her son, Hartwell, who is also a golf enthusiast. For quieter diversion this busy professor and homemaker enjoys reading books of travel and biography.

Mrs. Peet's most recent accomplishment is the publication of a textbook, "Household Equipment" of which she
(Continued on page 16)

It Isn't Far From

Burnt Fingers to Milk Candy

By Ruth Cook

A CROSS between chocolate caramels and taffy with a slight leaning toward fudginess . . . and still that doesn't describe this new milk candy from over in the Dairy Department. There never was a candy invented just like this one.

What about this latest answer to the campus' sweet tooth? One hears many rumors . . . the children's candy—very low sugar content—high percentage of milk ingredient—maybe it'll become a milk substitute or a food for diabetics—and so on and on.

So many strange things have come out of dairy industry lately that an accidental discovery is just another accidental discovery and nothing over which to get short-breathed or a rapid pulse. But this is different! The freak accident that led up to the discovery, and the extreme differentness of the product is enough to set anyone's tongue clacking.

A freshman dairy class of Prof. C. A. Iverson's was all agog at the prospect of a milk drying demonstration. That was back in the spring of 1932.

The stage was set for the performance. And then the skimmed milk which was usually saved for this act was found missing.

Professor Iverson substituted condensed milk, but it had started to sour and was really ready to be thrown out.

"We dumped it into the dryer, started it and waited," recalls Mr. Iverson. "The milk should have come out powdered, white and fluffy."

But the condensed milk made a poor understudy and nothing happened. The unscrewing of a few nuts and bolts revealed the cone, out of which the dried milk comes, jammed with a hot, gummy mass. Something like the mess you get when the food chopper doesn't chop, one supposes.

One of the boys stuck his finger into the cone and the finger burned. He carried the injured member into his mouth, and just as the fellow in Lamb's classic "Dissertation on Roast Pig" he found that the stuff on his finger tasted good. He said so. Prof. Iverson tasted it, too. And although the flinty stuff it became when cooled was far from candy, it set Iverson going on his long year of experiment.

Before he finished he laid the thing aside twice. No two batches came out alike. The texture varied with each experiment. It was always either too hard or too soft and sticky and when it was neither of these it was granular.

But he finally got a smooth, somewhat chewy candy that contained by weight more than six times the milk in milk chocolate.

Home economists can not help wondering how one can get so much milk in a candy without getting a highly caramelized product. Candy recipes usually call for a high temperature and a long cooking period so that the sugar solution will become supersaturated and

Rushing

THE K. D. house? Where can that be?

I must be there at five for tea.
And then at six the Alpha Gams
Have planned a picnic dinner—hams,
And salads, cookies, cakes and pies;
And then at eight the Gamma Phis
Are playing bridge with some of us.
The Pi Phis made an awful fuss
Just for us freshmen—Tri Delts, too,
Showed us their silver, gold and blue.
The Chi O's and the Delta Z's
Have showered us with rushing teas.
Tomorrow will be full of awe
With Sigma Kappa, Zeta Tau
And Phi Omega Pi to see;
And then the Alpha Delts will be
Our hostesses. How can I say
Which one I want to pledge? Today
They are so formal, charming, bright—
Will they be by tomorrow night?

—Barbara Apple.

can be re-crystallized into candy. Now it is impossible to keep milk at a high temperature for very long without getting an undesirable product. So the milk content must be kept down.

In the pasteurization process, however, milk is brought to a high temperature. The trick is in keeping it there for only a few seconds. It stands to reason that a candy that could be cooked in just a few seconds might successfully contain a larger quantity of milk.

That is how Professor Iverson does it. It takes less than 30 seconds for the liquid milk to get to the molding stage. This would not be long enough if you were depending on the crystallization of sucrose. So he uses the ungranular corn sirup or honey and then depends on drying to get the candy into a solid state.

The whole process, in brief, is this: The mix—milk, honey, chocolate, and

salt—is pasteurized, then homogenized. About this time it looks and tastes quite like your breakfast cup of chocolate. The liquid is then cooked and dried on two revolving, steam-heated drums. Having been dried, it is ground and molded into long ropes like extra thick taffy. These ropes are cut off into the desired candy-bar lengths.

Five cups of the liquid mix make one pound of the dried candy. And one pound of the candy contains all the solids—including butter fat—of two quarts of milk. It has only 5 percent sucrose. The fabulous reports, you see, are not so fabulous after all.

The candy has been tried out on the nursery school children. They have nicknamed it "Lincoln Logs" and call for more. Since none of these children have acquired a dislike for milk, Miss Miriam Lowenberg, child nutrition expert, has had no opportunity to experiment with the candy as a milk substitute. She thinks, however, that a pound of candy a day would become tiresome.

No experiments to determine whether the candy is better liked than either milk or ordinary candy have been made, Miss Lowenberg says.

The amount of sucrose it contains, though small, prevents its becoming a candy for diabetics. It is still much safer, however, than other candies and Professor Iverson is of the opinion that you can "safely eat all you can hold."

The theory that even a child will not eat too much of a natural sugar suggests that children may eat large quantities of milk candy with no harm resulting.

That it is popular is proven by its widespread use on the campus. Last February the candy made in experiments was put on sale in the Dairy Building. In its raw stage and without advertisement, the sale of milk candy steadily increased until at the close of spring quarter nearly 300 pounds were being sold weekly.

"ONE cup of egg whites," says your favorite recipe for angel food cake, and you wonder how you're ever going to use up the left-over egg yolks. A gold cake which usually requires from six to eight yolks will take care of most of them. Either a baked custard or a soft custard can be made with at least two. Custard ice cream, which also uses two yolks, makes an attractive frozen dessert. Certain recipes for boiled salad dressing and mayonnaise call for one egg or two yolks. One yolk added to a meat loaf helps to hold the ingredients together. Several yolks may be used in scrambled eggs or an omelet. And for that afternoon pick-up, a yolk added to a glass of cold milk with a little sugar and vanilla makes a refreshing drink.

Whither, Dollar?

By Clarine Durr

CRISP bills, checks, small change. How they travel these first few weeks at school. Beginners spend freely under the happy delusion that after they have spent to capacity, they will be able to coast the rest of the quarter.

"If you can't sell it, take it over to Welch West; the preps will buy it," is a statement that holds water during the first blissful weeks when freshmen allow money matters to care for themselves. But once the prep finds a run in her best hose and nary a shekel in her purse, it becomes a different tune. It is then she begins to ration her allowance. She budgets.

Nearly everyone enjoys economizing to some extent, the extent depending upon the individual's circumstances. Human curiosity provides the incentive to find just how the allowance fades away.

By grouping the expenditures under various headings, an orderly and easily scanned budget can be formed. Two years of budgeting convinced one coed that the following is a convenient grouping:

College expenses—Included here are all items pertaining to the college, such as tuition, board and room and class supplies.

Toilet articles—It is economical to buy in large quantities.

Food—At times an appetite blackmails one into parting with exorbitant sums (when it came to adding them up). And then there are spreads. Fruit is a comparatively inexpensive fill up.

Stamps, stationery, bus fare—Four bus chips can be bought at one time for a quarter otherwise fares are seven cents per ride.

Upkeep—Shoes, it seems, have a way of needing repair now and then. And everyone receives a dry cleaner's bill at times.

H. O. K. (heaven only knows)—Now this heading is a confession that the budget is not adequate, but it proves so convenient. Under it go matinees, kodak films, pins, a new soap dish—oh, really quite a variety of things.

After keeping a budget for one quarter it is fun to try lowering some of the expenditures the next quarter. The first budget may show where you must make changes of a Bolshevistic nature in spending if your college career is to continue. The first quarter may absorb three-fifths of the years' allowance.

A secret of good budgeting is: Once you have your budget made, toe the mark. So here's to spending the silver and writing the checks cautiously, yet graciously.

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Campus Clothes

(Continued from page 5)

all to match the growing practicalness of other clothes.

Those berets—the potato chip, the pancake, the waffle, one can expect to see a frankfurter or an apple pie in hats any day now—are really the berries. But if you can wear them, be it square, oblong or conical, you'll have chic on your side. They're either dress or sport as the fabric and cut decree.

If you haven't purchased any berets, there'll be a crushed crown in your collection. And more than one coed will sport a Breton sailor if all reports are right.

Did you ever see such delectable shoes—especially if you can't stand the change from low to high heels? There are medium heels that look as if they were just waiting for a rough tweed coat to come along and complete the picture. The three college gal specials, according to one store, are a pair of above-mentioned buckled rough-grained calf-skins, a pair of suede flat-boats with a few judiciously placed air-holes, and the famed old oxford tie standby with its medium heel.

Don't let me forget to mention suits. The suit with the fur-trimmed seven-eighths length coat takes all honors. You see, it can be worn as a dress coat without the skirt. A new wrinkle is the heavy sports coat with the buttoned-in blanket lining for football games. Detachable fur vestees are not to be sniffed at either.

Cinquains

Poplar
Trees, tall and still,
Whisper against the sky
And point accusing hands at God
Himself.

The elm
Dances about
With the young wind. But wait . . .
The storm will lash and break her
boughs
At last.

—Alice Wortman.

A film of melted unsweetened chocolate may be spread over plain white icing to give a bittersweet icing.

To add extra flavor to the various dishes made from canned beef, you can't do better than those old stand-by vegetables for inexpensive seasoning—tomatoes and onions. Tomatoes have the added advantage of providing extra liquid if your canned beef dish tends to be dry.

Coeds Plan Their Rooms

(Continued from page 1)

even be a literary trend or a keen interest in babies.

When these roommates continued the "We're not settled yet, but . . ." it was evident that they both were interested in nature. Plants are to be added to their rooms—in bright colored pots. Ivy and wandering jew it'll be at first, for, the one girl reasons, they grow easily and rapidly. And also a bouquet of bittersweet because not only is it inexpensive, but it adds interesting color. Then in time for final exams they hope to have bulbs blooming. One of the roommates hints that the flowers might help her through exams, brighten her spirits, perhaps.

"Bumps mustn't have a broken leg. Here, shove in some more filling." This conversation heard down the hall corridor. And Bumps turned out to be a gingham dog in the making. The roommates needn't have bothered to explain that they had an especial liking for dogs, for Bumps was only one of their dog kingdom. Already there were dog bookends, dog pictures, dog this and dog that in the room.

Another girl was taking her stretching exercises—hanging this and that, including souvenirs from her summer's vacation trip.

Collecting hobbies crop out in one way or another, inexpensively, too. One girl, particularly fond of poetry, is satisfying her interest without spending a cent. For years she has collected poetry here and there, and now she is clipping copies of her favorites to the edge of the blotter on the study desk. Her roommate is interested in art and has offered to exchange some of her illustrative sketches for verse. They have already made all sorts of plans . . . a change every seven days, an occasional mounting of the verse on scraps of colored paper . . . and as with the other girls more plans are sure to come later.

Have you ever eaten pumpkin corn bread, or squash rolls or biscuits? These are delicious ways to serve fall favorites.

In general, the lighter colored honeys are milder in flavor and darker honeys are more spicy and pungent. The milder flavored honeys are clover, orange blossom, alfalfa or sage.

A few hints for making a good pumpkin pie: It is very important to cook the pulp dry. A good custard base of milk, eggs and sugar is essential. Seasoning—a combination of cinnamon, allspice and mace—should be discreetly used.



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A Meal in One Dish

By Ardith Wick

ONE of those dishes that can be served as a whole meal—who doesn't appreciate them? And tuna fish, often over-looked, can act in just that capacity as a pleasant variation.

A salad in which tuna fish is the main ingredient can easily serve as the mainstay for the family, especially in the summer time. In combination with macaroni or spaghetti, hard cooked eggs, mayonnaise, and other odds and ends that may be added, tuna makes an attractive as well as a "filling" dish. Cabbage, potatoes, or peas may also be used.

For cooler days, tuna and a white sauce offer many possibilities. A mock chicken a la king may be concocted by the addition of pimento and mushroom. When the white sauce and tuna are served with baking powder biscuits, a very favorable substitute for chicken pie is obtained, especially if onion and celery seed have been used effectively in the sauce. Tuna is well named chicken of the sea.

In addition to the numerous variations that depend on the originality of the one who does the cooking is the question of price. It is a pleasant surprise to find that tuna fish, which is often considered expensive, really does not cost so much—not more than salmon—and, using such recipes as the above, a 25 cent can will serve six. So try tuna sometime—you'll like it.

Highly refined flour requires less fat.

Searing does brown the roast and gives a delicious flavor to the outside slices and the gravy.

A roast put in the pan with the fat side up bastes itself as the fat melts and cooks out of the meat.

Kitchen shelves and tables which are covered with linoleum look attractive, do not absorb grease or water, and cause less breakage, since linoleum has a spring quality.

In the early years of the college every student was required by law to labor 2½ hours each day throughout the college year. The young women worked in the laundry, the dining room and the kitchen.

Here's a new use for all those blotters that are continually being left on your doorstep by cleaners, tailors, and assorted tradesmen. Use them instead of brown paper to drain things on—sardines, croquettes, codfish balls, or anything fried in deep fat.

Working and Walking

(Continued from page 2)

Then there are windows—and be sure that there are enough of them. A good rule to follow is to have one-fourth as much window space as you have floor space. They should be placed on opposite or adjoining walls for purposes of ventilation. To have or not to have a window over the sink is still a disputed question. Some claim that the direct glare is bad for the eyes, and others say that an interesting outdoor scene helps along unpleasant sink tasks, such as washing dishes and peeling potatoes, enough to compensate for whatever glare there may be.

Other features to be considered in building a kitchen which, while not purely structural, should be considered at the time of building, are the walls, woodwork and floor. Walls should be smooth, washable and durable—and this as a rule means plaster. Woodwork should be smooth with no unnecessary grooves. Linoleum is usually considered the best of floor coverings. It is long-lived and easily cleaned. Much care should be taken, however, to see that the floor over which it is laid is glass-smooth and very tight.

In these days of pantryless houses, shelves and built-in cupboards are features of the well-built kitchen. There should be a variety of shelves—both in width and height—so that all kinds of kitchen necessities, from small cans of spice to pressure cookers, may be economically stored. Shelves should reach from 2 or 3 inches above the floor to the ceiling. Rarely used equipment can be stored in these high shelves and thus space is saved.

So you see that before even the foundations are laid, for maximum efficiency and convenience every angle and every part of the room should be thoroughly planned. It would even be a very good plan to measure the height of your favorite brand of baking powder to determine the height of the shelf that will hold it.

Alumnae Echoes

(Continued from page 8)

Martha Jane Moffit, '28, is dietitian of the Rockford Hospital, Rockford, Ill. Miss Moffit received the master of science degree from the State University of Iowa in 1933. Since last summer she has been dietitian in a juvenile court home for girls in Chicago.

* * *

Helen Smith, '28, of Ruthven, has been assistant dietitian since March 1 at the University Hospital, San Francisco. She writes that it is a 250 bed

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hospital with the medical and dental clinic of the University of California in connection. It is one of the six hospitals in California which takes student dietitians in training.

* * *

Mary Garton, '31, is working at a nursery school in Stephen, Colo.

* * *

Julia Hintzman, '28, is in charge of an experiment kitchen at Struffers in Cleveland, Ohio.

* * *

Mable Grimes, M. S. '33, has a position teaching clothing in the schools at Willmar, Minn. She is also keeping on with her adult classes at Willmar.

* * *

Ernestine Dunmire, '32, has received a hospital dietetics appointment to Montefiore Hospital, beginning August 1935. At present Miss Dunmire is principal of the grades in the Newton schools.

* * *

Jane Heynen, '33, is assistant director of the test kitchen for Swift and Company, Chicago. She conducts experiments in meat cookery.

* * *

Marion Quire, '34, is principal of the junior high school and teacher of home economics in the high school at Palm-
er.

* * *

Margaret Stewart, '34, has accepted an internship at the Cincinnati General Hospital.

* * *

Gladys Albertus, '32, is nutritionist and investigator for Renville County, Minn., doing ERA work. She writes that she finds the work "extremely interesting."

* * *

Maydine Blume, '33, began work June 18 as dietitian at the Burlington Hospital, Burlington.

* * *

Catherine E. Garver, '31, is dietitian in the College Hospital, Mississippi College for Women, Columbus, Miss. **Hortense Elliott**, '20, is dietitian with Dr. H. L. Spinney, stomatologist, of Santa Barbara, Calif. **Irma Barr**, '32, is nutritionist with the welfare commission in Nashville, Tenn.

For an economy dish try beef and turnip pie this way: Cook 1 qt. of diced turnips just tender in 1 qt. boiling salted water. Thicken with flour mixed with cold water. Add 1 pt. cut-up canned beef, and pour into a shallow pan or baking dish. Cover with thick biscuit dough, or cut the dough into biscuits and place the biscuits close together over the top of the beef-and-turnip mixture. Bake in a hot oven until the crust is golden brown.

Have You Had Tea?

By Alberta Hoppe

IN spite of the fact that our early American ancestors dumped 342 chests of British tea into Boston harbor back in 1773, that old English custom of "having tea" has found a place in our round of gala social events.

After all, what could be a better way to get acquainted and pass a pleasant hour than sipping tea, hot chocolate, or whatever other substitute the hostess has provided? Of course one doesn't go equipped with a full sized appetite; the tea and tidbits are just trimmings.

At their early fall teas sorority women are offering hospitality, friendliness and a chance for wider acquaintance along with the tea they serve to you who are new here. It's a friendly gesture, just like calling on the new neighbors at home. It doesn't sound quite so scareful now, does it?

But, if you're still a bit doubtful about just the proper approach, a few tips from the old timers might come in handy.

In the first place, try to act as natural as you'd like to feel. Of course you may have a slight touch of trembly knees, thick tongue or clammy hands. Who doesn't at the start? Your hostesses are probably going through much the same agony—wondering if all her guests are enjoying themselves, if the tea and wafers are holding out, if this and if that. Be brave and cover up your nervousness, always remembering that your own natural self is much more charming than a covering of pretense artificiality.

Since you will be going from house to house, it would be appropriate for you to wear a fall suit, with accessories that harmonize. Or you might wear a smart "good" dress, not too frilly but a little more dressed up than a school frock. Your hostesses may wear long afternoon dresses of velvet, chiffon or crepe—they have the privilege of dressing up since they will not be out on the street.

Variety is the spice of life, especially in conversation. The weather is a big aid in a pinch, but it's not big enough to stretch out over a whole afternoon. There are other topics, the preliminaries of courses, classification and so forth, the coming football season, and oh, you'll think of lots of things once you get started. A bright friendly line of chatter, neither too shallow nor too deep, will carry a girl a long way.

Teas are like trips of exploration. You sally forth into new territory, meet new people and thoroughly enjoy yourself the while. Don't let the spirit of adventure carry you so far that you

overstay though, because new invaders are always coming.

And when you do depart, it isn't necessary to bid each individual hostess good-bye, but there'll be someone at the door to whom you can express your thanks for a pleasant half hour.

Chlorophyll green—leaf green to most of us—has been found, according to Mayne R. Coe, chemist in the United States Department of Agriculture, to be one of the most effective colors for food wrapping purposes. It greatly retards and sometimes entirely prevents the development of rancidity. Black wrappers, which exclude all light, also turn the trick.

Love Song

THERE are ships, and seas, and palm trees
On little jeweled bays,
And laughing gypsy caravans
On white highways.

There are limousines and Paris gowns,
And orchards full of bloom . . .
But there are orange curtains
And a goldfish in our room.

I like to have a fireplace
And tea cakes made for two,
To sit here in this comfy chair
And smile and look at you.

—Alice Wortman.

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Prevent that Disease

(Continued from page 3)

Prominent Austrian physicians published the results of their studies of childhood tuberculosis among the children in and about Vienna as conclusive evidence of this belief. Later it was found that in Philadelphia 80 percent of the children there had the disease. In New York City the percentage was 28 and in rural and urban districts even as low as 10 percent. With such findings the physicians have come to believe that the extent of the disease varies with the community in which the children live. The prevalence of the disease is directly related to the opportunity that the children have for contact with it.

Another faulty notion concerning the disease is that the thin child is more susceptible to tuberculosis than the fat child. This is not true, said Dr. Hill, because tuberculosis is not a nutritional disease. It is a contagious disease which the child gets only through contact with people who have the adult infection.

DR. HILL pointed out that finding the source is the real factor in preventing the spread of the disease. Tuberculin skin tests are the best screens for sifting out positive reactors. From them the physician begins to trace for possible sources.

From the tests the physician also gets his clue for tracing the seriousness of the child's infection. If a child is known to have a first infection he may be closely watched for the appearance of the second. In case this occurs it will be discovered in the earliest stages and nipped in the bud.

To locate the infection, the lungs are first X-rayed; the first infection is usually found in the lungs. It may be minute or it may be extensive. If the number of bacilli invading the body is not too great, nature may defeat them here by sealing them up with a deposit of calcium known as the Gohn tubercle. Only 25 percent of the reactors show any evidence of tuberculosis lesions. Either the infection is too small to be seen or the seat of the infection is not in the lungs. Other parts of the body may be infected. If the number of bacilli is too great for nature to deal with there is a general infection of the body and the end result is usually death.

The tuberculosis problem is a national one says Dr. Hill. Everybody must be educated to the significance and the means of preventing the spread of the disease. The home, above all, must realize its responsibility in protecting children from the needless plague.

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Next to Ames Theatre

Author

(Continued from page 10)

and Miss Lenore Sater, assistant professor of household equipment, are co-authors. Since it is the only book of its kind, it will occupy an important place in the Household Equipment Department.

—Elizabeth Littleford

Autumn Mornings

THE gold of sunlight blinds my eyes
Each morning as I face the light,
But through the rays the autumn skies
Are blue and misty from the night.
Where land meets sky are purple trees
And fuzzy bushes green and gray.
They blend in soft, continuous seas
Of hazy waves—a wistful day.

This morning as I face the East
The sunlight has no warmth, no glow.
The trees stand black, the fields are
pieced
In brown and gray. And cold winds
blow
The dead, dried leaves in whirling
mounds.
Their whispers are the only sounds.

—Hilde Kronsage.

President

(Continued from page 10)

the swimming honorary—and serves as a committee member for Veishea and Phi Upsilon Omicron, professional home economics honorary.

The youngest of a family of six, Grace is seemingly unspoiled. She is modest, but alert to every opportunity for activity. "At your service," is her password.

Grace is a native of Oskaloosa, southern Iowa town, where Peen College activities kept her so busy that two years passed before she came to Iowa State.

A major in Home Economics Education her chief worry is that in future teaching she might be asked to play the piano!

—Helen Clemons

Delegate

(Continued from page 10)

the social life of the campus. "A dream of a dancer" and "She's the life of a party" are the remarks of those who know her.

Such a girl, who has both old and young as her comrades and who believes in the power of students, yet regards the rules of an institution, wants to make Iowa State College a good and interesting place in which to live.

—Grace Raffety

Only four didn't want jobs

In the past four quarters 183 women have been graduated from the Home Economics Division at Iowa State College.

Of that number, only four didn't want jobs. All the rest did.

And they are getting them. Early in September eighty percent of those with bachelor's degrees had already been placed in positions; seventy four percent of those with master's degrees.

Iowa State fits home economics women for careers. Then it gives a helping hand in getting employers with positions to be filled in contact with home economics graduates who can fill them.

But the other four—

For those women who wish to go directly into home making the home economics course affords the best kind of knowledge and training available.

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A WORD

*to the wise about
daytime fashions*

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You may take your necklines high or low, the odds are for the high round lines. Collars, bows and buttons are important in contrasting fabrics or colors.

Blend your costume with Phoenix Hose, of the ringless variety.

Watch for our smooth wools, wool crepes or self patterned wools. Plaid tie silks are best bets, and touches of satin are good on wool or crepe.

Black and dark browns are in the lead, while clay tones, wine with a violet cast, greenish blues and dark grays show promise.

Let us help you select your wardrobe.

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